

Tacheta's Smoothie

What you need:

- 3 bananas
- 3 apples
- 6 dates
- some fresh mint leaves
- 1 big spoon of honey (or agave or maple syrup)
- 1 ltr. of orange juice or milk (dairy or non-dairy)

Peel the bananas and the apples.
Remove the stones from the dates.

Puree all ingredients and enjoy!



Please note!

Many people think that bananas belong to a regular monkey's diet. This is not true. Some monkeys eat bananas in the wild, where they live. But these bananas are different to the ones we buy in our shops. They are less sweet as they contain less sugar. Therefore they are healthier for the monkeys.

